

## ON THE MOVE BY FAITH

The North Georgia Conference recently published a six-week devotional book on the topic of health and faith. Find the devotions (including the Rev. Amy Morgan's) online at [www.ngumc.org](http://www.ngumc.org) under the "Resources" tab.

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*Rejoice always, pray without ceasing, give thank in all circumstances for this is the will of God in Christ Jesus for you.  
1 Thessalonians 5:16-18*

Praying without ceasing is a tall order! When I was young, I struggled with this concept, thinking that I needed to be on my knees praying every minute of the day. I was so glad when someone shared with me that praying without ceasing could mean simply being in a spirit of prayer throughout the day: constantly keeping God in mind, looking for opportunities to pray for others, taking time during the day to send up short prayers as well as setting aside a time each day for a longer visit with God.

Recently I added a new component to my praying without ceasing: exercising without ceasing. I've read that short bursts of exercise are as beneficial as one long session. So, when I take the stairs instead of the elevator or park a little further away and walk to my car, I use that time to be in prayer for people who are on my heart – or those I pass on my way. I've found it to be a great way to keep soul and body in shape!

Rev. Amy Morgan  
Cannon United Methodist Church, Snellville

*God, teach me to cultivate a spirit of prayer within myself  
and to pray—and exercise—without ceasing. Amen.*



**North Georgia United Methodist Conference**  
4511 Jones Bridge Circle NW  
Norcross, GA 30092  
678-533-1371 • [sdavidson@ngumc.org](mailto:sdavidson@ngumc.org)


# Prayers for Our Health



"Let us run the race that is set before us,  
fixing our eyes on Jesus, the author and  
perfector of our faith."  
Hebrews 12:1-2

**July 2007**

# Prayers for Our Health • July 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 God, your ways are healthy ways. Help me develop a healthy, holy lifestyle. Phillipians 4:13	2 God, strengthen my faith so that I will always have hope in your healing presence. Deuteronomy 30:19-20	3 God, when I give in to the temptation to overeat and skip exercise, help me start fresh immediately. 1 Corinthians 10:31	4 God, thank you for my abundant life. Help me be engaged and enthusiastic. John 10:10	5 God, my body is your temple. Teach me to treat it as such. 1 Corinthians 6:19	6 God, give me energy and eagerness to maintain an exercise regimen. Phillipians 3:13	7 God, thank you for the encouraging words of others. Help me be open to hearing them. Proverbs 19:20
8 God, let families and patients in hospitals feel the prayers lifted on their behalf. Matthew 11:28-30	9 God, give encouragement and strength to people living with terminal illnesses. Nahum 1:7	10 God, be present with doctors, nurses and others who care for our families and friends. Joshua 1:9	11 God, help me be an advocate for people who are vulnerable to sickness or neglect. Matthew 8:17	12 God, help me prepare for the mission to which I am called. Phillipians 3:13	13 God, teach me to resist the temptation of "comfort foods" and turn to you for comfort. Daniel 1:12-15	14 God, help me find and carry out a sensible plan for managing my health and wellness. 2 Corinthians 6:16
15 God, lead me to a place, physically and spiritually, where I might rest awhile. Mark 6:31	16 God, renew in me the enthusiasm to take better care of myself physically and spiritually. Galatians 5:22-23	17 God, I spread my worries out before you and trust in you. Matthew 6:27	18 God, give me a sense of clarity when I am faced with decisions about my health. Deuteronomy 8:6	19 God, help me prepare physically, spiritually and mentally for the job of making disciples. Matthew 28:19-20	20 God, thank you for providing a way to stop the spread of preventable diseases such as malaria. Mark 1:41	21 God, we pray for parents whose children are suffering with illnesses. Psalm 40:1
22 God, do not let me neglect my spiritual health as I strive for better physical health. Psalm 34:8	23 God, give me the endurance to run the race set before me. Hebrews 12:1-2	24 God, may your peace, which transcends all understanding, envelop all awaiting news about their health. Phillipians 4:7	25 God, what do you want me to do today to serve you and to care for the body you have given me? Psalm 118:24	26 God, I pray for my own healing, for the healing of my church and for the healing of all who suffer. 2 Corinthians 4:7	27 God, thank you for the medicines that heal us, sustain us, protect us. May we use them wisely. Isaiah 41:13	28 God, give us the opportunity to act of behalf of children and elderly who are sick or suffering Mark 10:14
29 God, show me opportunities for renewal and refreshment in your creation. Psalm 121	30 God, help me loosen my grip of control and steer me toward a healthy lifestyle. Isaiah 43:2	31 Healing God, I place myself and my family in your care. Psalm 34:8				 www.ngumc.org